

# WINDMILL WHISPERINGS

May - June 2010



## EASTHAM SENIOR CENTER

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[www.eastham-ma.gov](http://www.eastham-ma.gov)

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Eastham Senior Center 508.255.6164

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### SPECIAL FRIDAY PROGRAMS

**FECO A THRIFT SHOP FASHION SHOW,  
ANNUAL MEETING, AND LUNCHEON**  
May 14, 2010 10:00 am

The FECOA Fashion Show will follow immediately after the annual meeting conducted by Frank Salomone. Look for fun and excitement with live models and the students from Nauset Regional High School. A luncheon (sandwiches, beverage, dessert) will follow the Fashion Show. There will also be a silent auction with some wonderful offerings.

These will be on display at the Senior Center prior to May 14<sup>th</sup> for your perusal and bidding. This is always an exciting event.

**HEALTH, WELLNESS, and SAFETY FAIR**  
May 21 9:00 – 2:00

Our third annual Health Fair will feature a variety of organizations providing a host of useful information for you, the consumer. Please drop in for these excellent resources.



## LOU IS WAITING FOR YOU!

Eastham resident, Lou DiFinizio, has offered to teach the basics of Swing dancing to interested couples. Gain the confidence and poise necessary to dance at the next function that you may be attending. In just a few weeks, learn the basics covering both single and triple swing basic steps with arch and loop turns. The class will progress through the beginner steps, and you will gain confidence and proficiency in just a short time. The class will be offered on Thursday afternoons from 3:00 – 4:30. Classes will begin on May 6, 2010. Sign up with a partner for the six week session. The cost is \$5/person, per class, to be paid at the time of registration. Please call today to reserve a space in this class 508.255.6164.

## A HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each containing the same six letters in different order. Answers will be in the next issue, or may be called in for instant verification.

### The Pompous Gentleman

By \_\_\_\_\_ his words are snide.  
He \_\_\_\_\_ to speak but not too much.  
He has \_\_\_\_\_ a pact with pride,  
And long since lost the common touch.

The solution to last issue's puzzle titled **Thank You, Holland** is: Edam is a pleasant cheese./ Won't cause a rash or make you sneeze./ A Dutch dame served it with good beer./ Before it made its debut here. The following people called in the correct answers: Phyllis Alfieri, Dilys Smith, Henriette Camp, Irma Vincello, Jean Ehret, Edna Ehret, Mary Ann Douglas, Roberta Kelleher, Susan McDonald, Eleanor Birch, Freeman Hatch, and Jean Snow.

## MEDICARE – ARE YOU TURNING 65?

If 1945 is your birth year, you will be 65 this year. That is the magic age for qualifying for Medicare!! Many of you may not be collecting Social Security at this time. If that is the case, you must notify

Social Security that it is time to sign up for Medicare.

A recent addition to the Social Security website is the ability to sign up for Medicare online. On the site [www.socialsecurity.gov](http://www.socialsecurity.gov) choose Retirement/Medicare under the header, "Select Below To Apply For." You will be asked a brief series of questions. If you have a question or need additional information, there are convenient "more info" links. When you're done, just select the "Sign Now" button to submit the application. There are no paper forms to sign, and usually no additional documents are required. If more information is needed, Social Security will contact you by phone or letter. (*Social Security press release*)



## BARBARA ANGELL PROFILE IN EXERCISE

During the past 8 years or so, I have been exercising at the COA classes. When I discovered I had osteoporosis, my MD ordered medication, diet changes and **regular exercising with weights**. With this regimen I was able to reverse the osteoporosis.

In 2008, I developed high blood pressure that has also improved with the above regimen. Then my blood sugar levels elevated, putting me at a pre-diabetes 2 level. This often occurs as we get older. I chose to curtail my diet, rather than go on medications. I followed a **low glycemic index diet**. This is basically a low carb, no sugar, "No WHITE" diet. No white flour, no white bread, no white

potatoes, no white sugar. **Smaller portions!!** I lost 25 lbs. my blood sugar, blood pressure and cholesterol all went down.

Regular exercise & watching what you eat is the natural prescription. It is not easy making lifestyle changes, but the alternative is harder. With prescriptions more expensive and having side effects I thought it was time to take responsibility for my health. A little education and effort pays off. There are plenty of books on the low glycemic diet at the library. Help yourself!

## **WHAT? YOU HAVEN'T DONE IT YET!**

- ❖ Health Care Proxy forms and HIPAA Authorization forms are available in the office. Every person over the age of 18 should execute these forms.
- ❖ Be sure that you have a will and a durable power of attorney in place. The power of attorney should include a guardianship and conservatorship clause.
- ❖ File a Declaration of Homestead for your primary residence. Upon filing, your home is protected against attachment, levy on execution or sale to satisfy debts to the extent of \$500,000 if single or \$1,000,000 if married and over 62 years of age.
- ❖ Social Security survivor's benefits are available for a spouse who has reached the age of 60 and not remarried. You must apply – it is not automatic.
- ❖ Sandra Szedlak, our Director is available Monday through Thursday and Tess McAlpine, a trained SHINE counselor, is available on Fridays. Feel free to call the office for an appointment – they will simplify your healthcare choices, decisions, and questions.
- ❖ Join *Serve New England* (508.349.1173) to purchase food packages at an extremely low price (\$15-\$25). Food is picked up at the Methodist Church in Wellfleet. Two hours of volunteer service in the community is also

required. The *Serve New England* newsletter is available at the Senior Center.

## **SIGHT LOSS SUPPORT GROUP**

The Sight Loss Support Group for the visually impaired meets the 2<sup>nd</sup> Friday of each month from September to June at the Eastham Senior Center. The starting time is 10:00 am and transportation is available. For more information please contact Sight Loss Services, Inc. at 508.394.3904 or 1.800.427.6842.

## **DISPLAY CASE**

Katherine Mesheu, our Secretary, wants to encourage those of you with a special collection to request that the collection be displayed in the large glass case in the hall. Please call Katherine at 508.255.6164 to offer your collection for display.

## **FORT KNOX CLUB**

Since our last newsletter, one couple has notified us that they have celebrated their 50<sup>th</sup> wedding anniversary. That couple is Nina and Bill Opel. Congratulations to all those in this special “club”. Please let us know if you qualify so that we can add you to our growing list. We are anxious to hear from you 508.255.6164.

## **FRIENDLY VISITOR PROGRAM**

Pat Kofsuske coordinates a small group of people who enjoy visiting with seniors who are not able to easily leave their homes. The relationships that are formed are most rewarding to both parties. If you would like to assist in this activity, please call Pat at 508.255.3139 or Katherine at 508.255.6164. We look forward to hearing from you.

## **PEDICARE SERVICES**

Pedicare services are provided by Janet Tinney, LPN, on the 4<sup>th</sup> Monday of each month.

Appointments are made in half hour increments. The cost is \$28. She will also make home visits for those who are unable to come into the Center. The cost is \$45 for that service. Please call Katherine for an appointment 508.255.6164.

## **OUTREACH CORNER NEWS**

Cindy Dunham, LPN      508.240.2327  
Joann Armstrong      508.240.5966

Wow!! Here we are, with summer at our doorstep! All of a sudden we have warm weather, green grass, and beautiful flowers. The sky seems to be the bluest of blue, all seems right with the world! Here at the Senior Center, we are busy with activities that you just might want to come and try!! Read on and see!

### **FOOD FOR THOUGHT:**

Please know that we realize the economy has wreaked havoc on many. One would be hard pressed not to recognize the fact that most seniors are on fixed, most times, small incomes. You could say, "Well... it's warmer weather, and we can make do." No need of that. If you find that the money just doesn't cover all you need it to, call us! There are a variety of ways that we can be of assistance. We have a Food Pantry, monthly food delivery, and other assistance.

### **UPCOMING PRESENTATIONS:**

Start time is 11:00 am unless otherwise indicated.

**May 21** – Eastham Senior Center presents our 3<sup>rd</sup> annual **"Health, Wellness, & Safety Fair"** 9:00 am – 2:00 pm.

**June 11** Susan Fernald of "Home Instead" will be giving a presentation on "The Hows and Whys of the Importance of Hydration."

**June 18** Alzheimer's Association Regional Manager, Pam McCormack, will present: "Know The 10 Signs of Alzheimer's - Early Detection Matters".

**JUNE 25** Ed Merigan will be speaking on VETERAN'S BENEFITS. This should prove to be

quite informative!!! **There are benefits you may not even be aware of.** Please attend.

### **CAREGIVER'S MEETINGS:**

There has been a change in the Caregiver's meetings. This Alzheimer's support group is of the educational variety. It meets the 1<sup>st</sup> Tuesday of each month. Our wonderful facilitator continues to be Jackie Powers MSW-LCSW of Beacon Hospice.

When: 1<sup>st</sup> Tuesday of each month

Time: 10:30 – 12:00

Dates: May 4 & June 1

### **ALL NEW EVENING SUPPORT GROUP!!**

This is an all new kind of group for people who have a loved one with Alzheimer's disease. The group will be reading the book, "Surviving Normal", by Sonja Brewer, using the book as part of their discussion.

When: Wednesday evenings from April 14 until June 2

Time: 5:30 – 7:00

Where: Eastham Senior Center Library

Facilitator: Jackie Powers MSW- LCSW

### **FREE MOVIE FRIDAYS**

COME JOIN IN THE FUN!! Not only a free movie, but popcorn, goodies, and beverages to top it off!

May 7 *The Blind Side* drama starring Sandra Bullock and Quinton Aaron

May 14 *A Star is Born* Kris Kristofferson 1976 film

May 28 *Old Dogs*

June 4 *Everybody's Fine* drama starring Robert DeNiro and Kate Beckinsale

June 11 *The Ugly Truth* 2009 Comedy starring Gerard Butler

June 18 *Sherlock Holmes* Action & Adventure Robert Downey Jr. and Jude Law

June 25 *Law Abiding Citizen* Jamie Foxx/Gerard Butler, a thriller

## **BUSINESS SPONSORS**

**Eastham Discount Oil  
Kerry Insurance Agency  
Seamen's Bank**

## **TIPS ON MAINTAINING THE BRAIN**

**Courtesy of Atria Senior Living Group**

As we age, most of us experience some memory loss. This is normal. But research has shown that we can take steps to delay or perhaps even prevent some types of memory loss and confusion. Here are some things you can do to keep your brain as sharp as possible.

- Do crossword puzzles
- Play cards
- Read books that interest you
- Knit, paint, draw
- Take up a musical instrument
- Study a foreign language
- Learn to use a computer
- Exercise your body
- Eat fruits and vegetables
- Reduce your intake of fat and cholesterol

## **DIABETIC SUPPLIES**

Diabetic supplies such as lancets, glucose testing monitors, and test strips are covered under Medicare (payable at 80%) **and** Medicare supplements plans such as Medex (BC-BS) and AARP. Not all of the local pharmacies are billing your secondary insurance for the balance after Medicare. If you have been charged for these items, a claim can be submitted to your secondary insurance. The following mail order companies will also bill both insurances so that you pay nothing. You may want to give them a call:

- Liberty Medical – 1.800.469.9485
- Diabetic Care Club – 1.800.883.0608

## **LONG TERM CARE OMBUDSMAN**

Advocacy, It's what an Ombudsman does. Elder Services of Cape Cod and the Islands is looking for volunteers to provide advocacy to long term care residents. If you have strong interpersonal and

communication skills and are comfortable in a long term care setting this opportunity is for you.

The minimum commitment is one year with 2 hour weekly visits to your assigned facility, a monthly meeting and documentation required. There will be certification training in South Dennis on May 17, 18, and 19, 2010 from 9:00 – 3:30 pm. For details and to apply call Cheryl Gayle, Ombudsman Director at 1.800.244.4630 X501.

## **THE GATHERING PLACE (Our Social Day Program)**

You are invited to join the members of the Gathering Place and the pre-schoolers from the Cape Cod Children's Place for an intergenerational program featuring **Mary Wilson and her Pitter Patter Puppets**. These puppets are similar to the Muppets, and Mary's story lines are a delight to both children and adults. The performance will take place in the large hall at the Senior Center on Monday May 10th at 10:30. Come join us for some laughter and giggles.

There will be a Senior Dining noon meal served after the performance. The scheduled meal is a fish sandwich with tartar sauce on a hamburger roll, parmesan mashed potatoes, green beans and fruit. The suggested donation for the meal is \$2.00. Please call 508.255.6164 to make a reservation for the meal.

## **OUR OWN, ROBERT GARDNER!!**

On February 20, during the annual meeting of the American Association for the Advancement of Science (AAAS) in San Diego, a reception and ceremony were held to award prizes for excellence in science books for children.

At the ceremony, Robert Gardner received a Lifetime Achievement Award for the more than 120 hands-on science books for children that he has written during the past 35 years. In making the award, Terry Young, chairman of the selection committee, noted that Mr. Gardner's clear presentation of science at all grade levels, along with his creative writing and use of common

household materials have excited thousands of children to get involved in science and to understand the scientific method, all while having fun.

The prize for the best young adult science book for 2009 was awarded to Idan Ben-Barak for *The Invisible Kingdom*; Pamela S. Turner's book, *The Frog Scientist*, with photographs by Andy Comins, received the award for middle grades science; and

the award for the best children's science picture book went to Molly Bang and Penny Chisholm for *Living Sunlight: How Plants Bring Earth to Life*.

The recipients of these awards, which are funded by Subaru, are chosen by a select committee appointed by *Science Books and Films*, a bimonthly publication of AAAS.

[www.sbsonline.com/pages/redir-prizes.aspx](http://www.sbsonline.com/pages/redir-prizes.aspx)

## **TRAVEL EXPERIENCES SPONSORED BY THE FRIENDS OF THE EASTHAM COUNCIL ON AGING**

### **Day & Overnight Trips**

- May 13, 2010 Tower Hill & Garden in the Woods \$82/person (bus/admission/lunch)  
May 15, 2010 Arnold Arboretum's Lilac Lovers Day \$72 (bus, admission/meal voucher)  
June 7, 2010 Rockport & Gloucester's Hammond Castle & Harbor Cruise \$79/person (bus/admission)  
June 27-28, 2010 Lobster fest" at the Beacon Resort \$215 /person, dbl occupancy (accommodations, meals, entertainment)  
June 30, 2010 Down-easter Rail & Sail \$82/person (bus/train/cruise admission)

Fliers are available at the Travel Information Center in the large hall at the Senior Center. For more information and reservations, call Jeannette Marcucci at 508.240.1354. Early booking is recommended.

### **Extended and Overseas Trips**

- June 17-24, 2010 South Dakota Black Hills and Badland National Park, Mt. Rushmore \$1899  
  
October 3-11, 2010 The Best of Ireland featuring Ring of Kerry, Dingle Peninsula, Cliffs of Moher, Killarney, Blarney, Waterford, Dublin, Galway and so much more. \$1949 (plus air taxes and fees). Includes airfare, lodging, all breakfasts, 6 dinners.

For more information and reservations, call Trudy Novotny at (508) 255-0513 for details and reservations. If paying by credit card, there will be an extra charge.

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The Friends of the Eastham Council on Aging, Inc.  
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